



Apple Salad

Makes: 8 servings

For this delectable and simple seasonal salad, combine diced apples and c

Ingredients

2 cups apple (diced)

1 cup celery (diced)

1/2 cup raisins

1/2 cup nuts

2 tablespoons lite mayonnaise-type dressing (or mayonnaise)

1 tablespoon orange juice

Directions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.

Nutrition Information

Nutrients	Amount
Calories	110
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	45 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Source: University of Kentucky, Cooperative Extension Service, Food and Nutrition Calendar 2004Fresh Ideas for Fit Families